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Xanax · Valium · Klonopin · Ativan · Librium · Restoril · Ambien · Lunesta · Pregabalin · Gabapentin

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[illegible]-[illegible] [illegible] [illegible] [illegible]	[illegible] 'GABA-A [illegible] [illegible] [illegible] [illegible] GABA [illegible] [illegible] [illegible] [illegible]

	[illegible] [illegible] [illegible]-[illegible] [illegible] — [illegible].[illegible].[illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]	[illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

		[illegible]	[illegible] GABA-A [illegible] (half-life) [illegible] '[illegible]; [illegible]
[illegible] ([illegible])	20-100 [illegible] ([illegible])	[illegible] (1x)	[illegible] (half-life) [illegible]-[illegible] (desmethyldiazepam, [illegible] 36–200 [illegible]) [illegible], [illegible] '[illegible]-[illegible]
Chlordiazepoxide (Librium)	24–48 [illegible] ([illegible])	0.25x ([illegible])	[illegible]-[illegible], [illegible]
[illegible] ([illegible])	8-22 [illegible] ([illegible])	1x	[illegible] - [illegible], [illegible] '[illegible]
Z-[illegible] ([illegible] / [illegible], [illegible] / [illegible], [illegible] / [illegible])[illegible]	2-8 [illegible] ([illegible])	[illegible] - GABA-A [illegible]	[illegible] '[illegible] (GABA-A) [illegible] '[illegible]' [illegible]—[illegible], [illegible] (diazepam) [illegible]
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	[illegible]	[illegible] (Standard Metabolizers).	[illegible] - [illegible], [illegible]) [illegible], [illegible] (rifampin, carbamazepine, St. John's Wort) [illegible], [illegible], [illegible]
COMT	[illegible], [illegible]	Val158Met (rs4680)	[illegible] (Met/Met, [illegible] COMT) [illegible] — [illegible], [illegible], [illegible], [illegible] PAWS (post-acute withdrawal syndrome) [illegible] (Val/Val) [illegible]
MTHFR	[illegible] - [illegible]	C677T (rs1801133), A1298C (rs1801131)	MTHFR [illegible], [illegible] ([illegible]) [illegible] 5-MTHF [illegible] '[illegible] - [illegible], [illegible]
SLC6A4 / 5-HTTLPR	[illegible]	[illegible]/[illegible] [illegible]	[illegible]/[illegible] [illegible], [illegible] SLC6A4 [illegible]/[illegible] [illegible], [illegible]-[illegible] [illegible]-[illegible] GABA [illegible] '[illegible]

			[illegible]
BDNF	[illegible]-[illegible] — [illegible]	Val66Met (rs6265)	[illegible] — [illegible], [illegible] '[illegible] BDNF [illegible] Met [illegible], [illegible] BDNF [illegible] BDNF-[illegible]

[illegible]

[illegible]:

- [illegible]? [illegible] GABRA2 [illegible] Sage COMT [illegible]
- [illegible], [illegible]—[illegible], [illegible], [illegible], [illegible]? → [illegible] CYP2C19 [illegible] "[illegible]" [illegible]
- [illegible], [illegible]-[illegible]? → [illegible] CYP3A4 [illegible]-[illegible], [illegible] CYP2C19 [illegible]-[illegible] — [illegible]
- [illegible], [illegible]? → GABRA2, COMT, SLC6A4, [illegible] MTHFR [illegible]
- [illegible]? → MTHFR [illegible]-[illegible] SSRI [illegible] 5-MTHF [illegible], [illegible], [illegible]

[illegible]: [illegible] [illegible] [illegible]

[illegible] '[illegible]

* **[illegible] (severe withdrawal symptoms) [illegible], [illegible]**
* **[illegible]**

[illegible] Naloxone [illegible], [illegible] findahelpline.com '[illegible] COMT, DRD2, [illegible] MTHFR [illegible], [illegible]

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[illegible] Blueprint [illegible], [illegible]

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L-Theanine	200–400mg	[illegible] [illegible] [illegible], [illegible] [illegible] 2-3 [illegible], [illegible] [illegible] [illegible]	[illegible] [illegible] [illegible] [illegible] 'L- [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] GABA [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] GABA [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible]-[illegible] [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible]- [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

	[illegible]		[illegible] (HPA axis) [illegible]; [illegible]; [illegible], [illegible] GABA-A [illegible] (HPA axis) [illegible], [illegible] (benzo withdrawal) [illegible]
[illegible]	4-18 [illegible] ([illegible]) [illegible]	[illegible]	[illegible] ([illegible] '[illegible] '[illegible]) [illegible]-[illegible] — [illegible] '[illegible], [illegible] (GI) [illegible], [illegible]
NAC ([illegible]-[illegible])	600–1800 [illegible]	[illegible]	[illegible] — [illegible] (benzo withdrawal) [illegible]-[illegible] '[illegible], [illegible]
[illegible] (Melissa officinalis)	300-600 [illegible], [illegible]	[illegible]	[illegible] — [illegible], [illegible] '[illegible], [illegible]

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- L-Theanine: 200–400mg □□□□ □□□□ □□□□-□□□□ □□□ □□□□□□□ □□; □□□□□ □□□□□□□□ □□□ □□□□□□□ □□ □□ □□□□ □□□ □□□ □□□□□□□ □□□

- 5-HTP: 50–100mg [illegible]—[illegible] SSRIs [illegible]
- [illegible] (tart cherry extract): 480mg [illegible] 240ml [illegible], [illegible]-[illegible] REM [illegible]

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BPC-157	[illegible] (GABA) [illegible]—[illegible]-[illegible] (GABA-B) [illegible]; [illegible]; [illegible]-[illegible]; [illegible]	[illegible] - [illegible]	BPC-157 [illegible], [illegible] GHB [illegible]: [illegible] GABA-[illegible] '[illegible]- [illegible], [illegible]
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